



## *Discover your Raleigh Parks and Recreation Department*

### **PRESCHOOL**

#### **Play Smart**

Age: 3-5 yrs. Children will rotate through different stations in small groups. Physical fitness and safety activities are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: Alicia Lacombe 831-6833 or Linda Stafford 420-2383. Class Fee: \$6

**April 2**

**Tuesday**

**10:00 AM-11:30 AM**

#### **Toddler Open Gym**

Age: 2-5 yrs. Come out and use our Gym! Time designated is especially reserved for children ages 2-5. Class Fee: \$0

**January 9-April 24**

**Wednesdays**

**10:30 AM-12:00 PM**

### **YOUTH**

#### **Home School Sewing**

Age: 10-18 yrs. This class will teach the basics of sewing to the interested home schooled population. Class Fee: \$15

**March 6-27**

**Wednesdays**

**10:30 AM-11:30 AM**

#### **Saturday Sewing Jr.**

Age: 10-17 yrs. Sewing lessons for young people (ages 10-17) that want to learn how to read a pattern, select fabric and knowledge of sewing machines. Class cost does not include material. Class Fee: \$30

**Mar 2-23**

**Saturdays**

**11:00 AM-12:00 PM**

#### **Raleigh Rockets Track Club**

Age: 8-18 yrs. Interested in track & field? Join your local community center to participate in the newest track and field team! Practices will be held twice a week from 5:30-7:00pm. All participants will have the opportunity to compete in local Track and Field Meet and other meets! Class Fee: \$15

**Jan 7-Mar 11**

**Mondays**

**5:30 PM-7:00 PM**

#### **Baseball Skills Clinic**

Age: 7-12 yrs. Come out and get ready for baseball season! This clinic focuses on skills and fundamentals. Class Fee: \$20

**February 19-28**

**Tuesday & Thursday**

**6:15 PM-7:15 PM**

#### **Biltmore Hills Youth Basketball**

Age: 9-11 yrs. This basketball league is for 9-11 year olds who want to continue developing their skills throughout the spring. Jerseys will not be provided. Registration ends March 18, 2012. Class Fee: \$30

**April 8-May 15**

**Monday & Wednesday**

**6:00 PM-7:00 PM**

#### **Tennis Jr Level 1**

Age: 6-18 yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking

sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS!  
Class length is now 7 weeks instead of 6 and there are no rain makeups. Class Fee: \$96

**March 12-April 25****Tuesday & Thursday****4:30 PM-5:30 PM****TEEN****Biltmore Hills Spring 14 & Under**

This league is for teams that would like to continue after the regular season is over. Registration is from March 1-22. Class Fee: \$300 per team. Individual registrations will be taken for those joining a team.

**April 8-May 15****Monday & Wednesday****7:00 PM-8:00 PM****Teen Basketball (16& Under)**

This league is for basketball teams ages 16 and under. Registration is March 1st - 22nd. Class Fee: \$300 per team. Individual registrations will be taken for those joining a team.

**April 1-May 8****Monday & Wednesday****8:00 PM-9:00 PM****ADULT****Saturday Sewing: For Beginners**

Age: 18yrs. and up. Sewing lessons for beginners that want to learn how to read a pattern, select fabric and knowledge of sewing machines. Class cost does not include material. Class Fee: \$30

**Mar 2-23****Saturdays****11:00 AM-12:00 PM****Sewing: 101**

Age: 18yrs. and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing required. Class cost does not include materials. Class Fee: \$40

**May 4-25****Saturdays****10:00 AM-12:00 PM****Exercise - Weight Room/Fitness**

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Class Fee: \$10

**January 1-31****Daily****10:00 AM-9:00 PM****February 1-28****Daily****10:00 AM-9:00 PM****March 1-31****Daily****10:00 AM-9:00 PM****April 1-30****Daily****10:00 AM-9:00 PM****Zumba at Biltmore Hills**

Age: All Ages. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. At Biltmore Hills we offer class on Thursdays. There are also payment options for your convenience, \$5 per session or \$20 per month.

**January 3- April 25****Thursday****6:30 PM-7:30 PM****30 & over Basketball**

This is an organized league for adults 30+. Registration is from January 4th through 18th. Class Fee: \$300  
Biltmore Hills 30+

**February 3-March 24****Sundays****3:00 PM-6:00 PM****Tennis - Free play for adults**

Age: 18yrs. and up.

Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play. Class Fee: \$0

**Jan 1-Apr 30****Tuesday & Thursday****6:30 PM-9:00 PM**

**Tennis Adult Level 1**

Age: 18yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. Class Fee: \$96

**March 12-Apr 25**

**Tuesday & Thursday**

**5:30 PM-6:30 PM**

**FAMILY**

**Tae Kwon Do - Beginners**

Age: 5yrs. and up.

Marital arts course where the art of self defense, confidence, self esteem, discipline, respect and self control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes by Sensei Thomas Jarrett. Class Fee: \$35 per month

**January 2-30**

**Monday & Wednesday**

**6:30 PM-7:30 PM**

**February 4-27**

**Monday & Wednesday**

**6:30 PM-7:30 PM**

**March 4-27**

**Monday & Wednesday**

**6:30 PM-7:30 PM**

**April 1-29**

**Monday & Wednesday**

**6:30 PM-7:30 PM**

**Backyard Wildlife Walk**

Age: All Ages

Your backyard is home to many wonderful animals. Join a nature instructor to identify what might live in your yard and how to make your backyard a better place for them to live. For more information, contact Nature programs at 919-831-6856. Class Fee: \$1

**April 2**

**Tuesday**

**6:00 PM-7:00 PM**

**SPECIAL EVENTS**

**District 4 Egg Hunt**

Age: All ages. Come join us at ***Sgt. Courtney Johnson Community Center or Peach Road Community Center*** for a fun-filled morning. Check with the center closest to you to find out what exciting pre-hunt events are planned. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required. Cost: \$0

**March 23**

**Saturday**

**11:00am**